Scouts Leave for Camping Trip

Boy Scouts from Appomattox, a.o. g with their Scout Master, Neal Goldstein, left early Sunday morning for Camp Powhatan, Powhatan, Virginia, for a week of camping.

At Camp Powhatan this week, shown above front row, left to right, are Ray Fleshman, Gary Campbell, Steve Burrell, Robert Carter, James Williams, Bruce Austin, Phil Seay, and Neal Goldstein, Scout Master: on the back row, left to right, are Jack Goldstein, Ken Holt, Tibbie Allen, Jimmy Baxter, Steve Lawhorn, and Ralph Ackers.

The group will return home on Saturday but during their annual outing they will be camping, hiking, fishing and continuing the program they have been working on for sometime.

Falls Cause Large Percent of Farm Accidents

As harvest gets under way, farmers in Virginia will again be working long hours in the field. The pressure to get crops in can cause fatigue, making producers more accident-prone, a local farm program agency official warns.

"A survey by the National Safety Council shows that thirty percent of all farm accidents are caused by falls," according to Mahlon K. Rudy, Executive Director of the Virginia Agricultural Stabilization and Conservation Service (ASCD) office. "Therefore, farmers must guard against falls during this busy season." Statistics from the Safety Council's ten-state survey reveal that 1,125 of the 3,808 accidents reported were falls.

Another survey, conducted by the Farm Bureau Women in cooperation with the National Safety council, was designed to investigate the specific cause of the falls. Results of this study establish that:

* 76 per cent of the falls resulted in serious injury.
* The primary cause of falls appears to be carelessness and errors in judgement.
* Less than one of every two falls occurred on a surface that was wet, muddy, or icey: the remainder, 54 per cent, took place on a dry surface.

The safety Councils survey is composed of information from 10 states: Illinois, Indiana, Louisiana, Michigan, Minnesota, Nebraska, New York, Ohio, Oregan and Wisconsin. The three states involved in the Farm Bureau Women's study are Iowa, Maryland and Pennsylvania.

Rudy comments: "Falls occur often enough to create nationwide concern for their causes. All aspects of farm safety are a challenge which continually face the American farmer." Any type of accident could seriously jeopardize the chances for "smooth operation" during the summer months. Farmers must guard them - selves against judgement errors and carelessness, espe - cially during the harvest season.

Potato Grows In Rock

Mrs. D. N. Robinson of Route 3, Appomattox, came by the **Times-Virginian** on Friday with a rare potato grown in her garden. The small potato was grown in a rock. She is shown above holding the rock with the potato growing out of it.

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Appingham

"Life is a theater in which the worst people often have the best seats." Aristonymus

Congratulations to Mr. and Mrs. Robert Ragland! Their fine baby boy, Robert Jr., arrived on July 27, weighing 7 lbs. 14 ozs.

Out-of-town guests during the week end of Mrs. Vinia Kress were Mr. and Mrs. Palma Ball, Mrs. Marie Ball, Barbara and Manuel, of Marion; Mrs. Martha Cox, Mrs. Linda Roach, Angela, Ronnie and Donnie, of Richmond. Mrs. Marie Ball remained here for an extgended visit.

Mrs. Hallie Childress was a Sunday dinner guest of Mr. and Mrs. 'Puddin' Childress. The dinner was given in honor of the latter, Mrs. Childress' birthday.

Mr. and Mrs. Paul Smith and Julie were houseguests last week of Mr. and Mrs. Bill Smith and family, of New Canton.

Get well wishes are extended to Lillian Tyree, in a Charlottesville Hospital, Beverly Fitzgerald, r e c u perating at home; Leslie, Durie, convalescing at his brother's home; Mrs. Eula Johnson, convalescing at her daughter's, Mrs. Milton Martin.

Those visiting Mr. and Mrs. Lewis Ragland on Sunday were Mr. and Mrs. Herman Ragland Mr. and Mrs. Delmas Ragland and Del, Mr. and Mrs. 'Buck' Ragland, Mrs. Virginia Spiggle, Mr. and Mrs. James Ragland and Norma Jean.

Mr. and Mrs. Robert Ragland celebrated their first wedding anniversary on August 5.

Mr. and Mrs. Roy Gunter and children, Mrs. Mary Martin and Tammy, Mr. and Mrs. J. P. Johnson, Jr., Joe and Becky visited Mrs. Paul Gunter on Sunday.

Miss Janice Gunter spent the week end with Becky Gunter. David Rector, of Parkersburg, W. Va., also was Becky's guest on Saturday and Sunday afternoon and evening.

'The Rocks Quartet' presented a program of gospel music at Pleasant Grove Baptist Church on July 29. Everyone present enjoyed them so much that they were disappointed when they stopped singing. They are great!!! The guest speaker of the revival which followed from July 29 thru Aug. 3 was Rev. Elton McDowell and,needless to say, he preached five soul-stirring and thought provoking sermons. There were many re-dedications and five new additions to the church.

Note: Softball Banquet with trophies being awarded on Aug. 18.

Greyhound tour of Washington, Aug. 25.

Power By The Spirit

Jesus answered and said, "Thou couldest have no power at all against me, except it were given thee from about: therefore he that delivered me unto thee hath the greater sin." John 19:11.

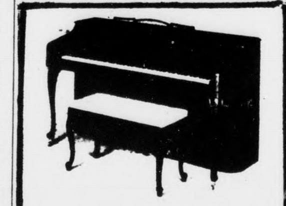
Pilate was ready to exercise the power imparted to him by Rome at a word from him, his prisoner could be freed or crucified. Jesus revealed to Pilate the true source of his power. As a free moral agent he could use the power as he pleased, but one day he would be called to account for every action he took.

Jesus was not absolving Pilate from blame because he was a pagon who did not know better. Pilate's judgement was that Jesus was not guilty of anything - he told the Jewish leader he found no fault in Jesus,- yet he did not release Him. In permitting Christ to be crucified, Pilate consented to murder. Yet Pilate looked for an outlet to absolve himself. It was easy to do. all who look for hooks to hang their doubts upon find them." The Great Controversy, page 527.

The power given to the Pilates of this world, whether in ancient times or today, comes from one source. The manner in which they use that power determines their fate.

Although Jeses did not absolve Pilate from blame, yet in kindness of His heart, He put the greater blame on Caiaphas and his associates. They had all the Messianie prophecies to help them identify Jesus as the long looked-for Redeemer. Still they chose to reject Him. God by His Spirit gives each of us the power to make decisions, that will affect our destiny. Just as He gave the chosen people the information that would help them identify the times of the Messiah, so He has given us through that same Word the information that helps us to know that the second coming of our Lord draws near. The decision we make determines whether we condemn ourselves as sinners, who have rejected the Saviour. The truth is in His Work. His Spirit stands ready to strengthen our faith and help us make right decisions. "By the aid of the Holy Spirit, which is promised to all who seek it in sincerity, every man may understand these truths for himself." God has granted to men a strong foundation upon which to rest their faith." Ibid. pp 526-527.

Sent in by Mrs. Annie R. Fore, PS Secretary for the Appomattox SDA Church on Court Street in Historical Appomattox, Virginia.



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[S]PORTS

by Billy Thompson

...g Inning ...ves Warren's ...6 Win Over ...wson's

...arren's Rest. exploded for ...s in the second inning last ... and went on to beat ...n Ford 14-6 in a Class ... league softball game in ...hburg. The lost gives ...n's and Warren's a 3-2 ... in league.

...wson's led 2-1 at the top of ... second, but a 10 run ...sion by Warren's gave ... an 11-2 lead. Both teams ...d three in the fifth and it ...4-5 and Lawson's got their ...e in the sixth.

... Tweedy, Mike Mallow, ... Wilcox, Earl Martin and ... Jennings led Lawson ... with two hits each. Wilcox ... three run double in the ...to drive in three runs in ... inning. Billy Thompson ...ed for Lawson's lone run ... sixth.

	R	H	E
...n F.- 110 031 0 -	6	13	4
...R. - 1(10) 030 - -	14	16	3

...lage West ...s Lawson's

...lage West scored four ...n six lots in the second ...and then held on to beat ...n Ford 8-6 last week in a ..."A" league softball game. ...n Ford is now 3-3 and ...e West is 5-1.

...son Ford scored two in ...second but Village West ...up in their half and got ...r a 4-2 lead. Both teams ... one each in the third and ...e West still led by two. A ... homer in the fourth cut ...e West's lead to 6-5, but ...re by Village West up ...d to 8-5. Lawson's got ... run in the seventh.

...n Wilcox, Pete Lamp... ...Earl Martin led the ...r Lawson Ford with ... each. Gerald Burley ...C. Jennings hit home ...r Lawson Ford and ...y and Earl Martin each ... in two runs.

...eeler, Seals and Wood ...d three hits for Village

...n F.-021 200 1 -	6	10	3
...e W.-041 120 - -	8	16	2

Pennsylvania 4-H'ers Enjoy Appomattox Hospitality

During the week of July 23-27, 10 4-Her's and two chaperones (pictures above) from Elk county Pennsylvania visited with 4-Her's and their families here in Appomattox. Their visit was the first half of a 4-H Interstate Exchange program to be completed during the week of August 29 when seven Appomattox 4-H'ers will travel to Pennsylvania.

Activities held during the week include a trip to Holiday Lake 4-H Camp to provide our visitor with a first hand look at a Virginia 4-H Camp. The group also visited and toured Appomattox Historical Park and Surrender Grounds. A picnic supper and swimming party was held at Holiday Lake Recreation Area with host 4-Her's, families and friends attending.

Another day saw the group visit Smith Mountain Lake Dam in Franklin County which is owned and operated by Appalachian Power Company. Although unable to tour the dams interior the 4-Her's group enjoyed seeing and learning about this unique "Pumped Storage Hydroelectric Unit". An afternoon of free time and visiting with host families followed the trip to Smith Mountain Lake.

The week's highlight came on Thursday with a chartered bus trip to Jamestown with a stop at the "Common Glory" in Williamsburg on the way home. The trip proved a rousing success, marking the first visit to the Jamestown historic area for any of the Pennylvania 4-Her's and an enjoyable return trip for many of us Virginians. Included in the Jamestown visit were the Jamestown Festival Park, the reconstructed Jamestown Fort and the three ships. In addition the group visited the Glass Blowing exhibit and the original settlement site on Jamestown Island. The outdoor drama of the American Revolution provided a suitable ending for an eventful and interesting day.

Pennsylvania 4-Her's visiting Appomattox were: Dorothy Sarginger, Mary Riddle, Margaret Brian, Amy Caskey, Barbara Gradizzi, Rita Rettger, Beth Brunner, Tom Brem, Ray Ginther and Marshall Wolfe. Chaperones included Miss Barbara Miller, Extension Home Economist in Elk County and Fred Gast, a rising Senior at Penn State University.

Appomattox families serving as hosts for the week were Mr. and Mrs. Marvin Glover, Mr. and Mrs. George Franklin, Mrs. Sadie Brightwell, Mr. and Mrs. R. D. Jones, Mr. and Mrs. John Hix, Mr. and Mrs. R. B. Parris, Jr., Mr. and Mrs. James Paulette, Mrs. Hazel W. Guill, Mr. and Mrs. Richard Harrison, and Mr. and MrsFrank Sweet.

4-H Interstate E x c h a nge Programs provide an opportunity for fun and enjoyment as well as a chance to learn from new people, make new friends, and visit and see new and different places of our country.

File Early For Medicare Reimbursement

Mr. William J. Vinson, manager of the Lynchburg Social Security Office advises medicare beneficiaries to file claims throughout the year on a monthly or quarterly basis.

"Of course, it is best to wait until the $60 deductible is met before filing the first claim," he said, "but after that it is to the beneficiary's advantage to file claims on a regular basis throughout the year."

Travelers Insurance Company's Medicare Office experiences a heavy work load each year in the months December through March. If claims are filed regularly during the course of the year, Travelers can maintain an even flow of work and this allows them to make more prompt payment of medicare claims, and to give better service to beneficiaries.

Homemaker Hints

by Rebecca M. Johnson, Extension Agent

Hamburger needs TLC. Don't get nervous. It's not another additive, it's just simple "tender, loving care." Without it, even the best recipe for hamburger can be wasted because of the risk of food-borne illness. So take the extra time to give proper care to hamburger and ground beef. Start at the beginning-- at the store where you buy the hamburger. Select packages that are well sealed. Avoid torn packages. Check, too, to see that the meat feels cold. The temperature in the refrigerator cash should be 40°F or lower.

Don't bury meat selections in the bottom of the grocery cart where the packages can be punctured. Make the meat counter the last stop before the checkout lane. Have the clerk bag ground meats with other perishable foods such as milk or eggs. Then, get the food home quickly and get that hamburger into the refrigerator or frezer right away.

Why all these suggestions ? Because the grinding of meat multiplies the surfaces where bacteria can grow. Subsequent mishandling gives them the chance to grow.

Proper storage is the next step in "Hamburger TLC." If meat will be used within one or two days, put it in the coldest part of the refrigerator--usually near the ice cube compartment or in a special meat keeper.

If packaged in transparent wrap, ground beef can be refrigerated "as is". If wrapped in butcher paper, it should be unwrapped, put in a container and covered loosely.

If hamburger will be used within two weeks, it can be frozen in the transparent store wrap. For longer storage, wrap tightly in moisture resistant material like aluminum foil or freezer paper. Many people prefer to shape meat into patties prior to freezing. Ground beef stored at 0°F. may be stored 2-3 months with little loss of quality.

Tender loving care comes into play again when frozen meat is thawed. Hamburger, like all meat, should be thawed in the refrigerator. When meat must be thawed quickly, put it in a watertight wrapper under cold running water. This keeps meat cold enough while thawing to slow the growth of bacteria.

Bacteria thrive at room temperatures-especially at tem -perature in the 45-155°F range. Thawing hamburger by letting it out in the kitchen for an afternoon is inviting quick spoilage.

The final need for "TLC" comes while handling the meat just before and after cooking. Clean hands are a must when preparing hamburger. Use clean utensils to mix the ingredients. Always wash hands and utensils thoroughly with soap and water before touching foods that are ready to serve. Keep hands away from your nose, mouth, hair, and skin infections while working with food.

If there is delay between preparation and cooking of hamburger, refrigerate the meat. This is especially important in warm weather; for example, when hamburger patties are made in advance for cooking later in the day at a favorite picnic spot.

All meat contains some bacteria. Therefore, it's a bad practice to eat raw ground meats.

Leftovers should be refrig - erated promptly. Cooked hamburger dishes, like all foods, cool faster in small containers. After serving, they should go right into the refrigerator without "cooling down" first on the kitchen counter. Store leftovers only a day or two in the refrigerator or freeze leftovers if they are to be kept longer. When it's time to serve the leftovers, give them the same care you did the original dish.

Try using "TLC" on your hamburgers!

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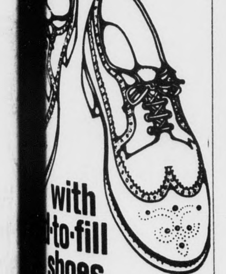

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